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A critical study on the remarkable performance of Indian players in few recent Olympic games

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Abstract

As we know that Olympics is the biggest sports event throughout the world. It is quadrennial events. Every country wants to dominant in this event. But the performance of team India is not as good as we aspect. Players from India are able to bag only 35 Olympic medals in total 32 Olympic games. Out of these medals most of the medals were clinched in last four Olympics games. So, performance of team India in last few Olympics games is improved. This study describes and analyses the factors contribute to the improvement in the performance such as Increased investment in sports, Improved training facilities, increment in cash award, incentives and Job satisfaction, rising popularity of sports, Improved mental and physical preparation, dominance in Wrestling, Boxing and Badminton and Improvement in the performance of woman athletes. Descriptive approach is used to describe the whole concept. For a better analysis of performance statistics, bar diagrams, graphs and tables are used in this study. This study will help the experts, sports specialist, sports administrators as well as sports executives in order to develop better sports promotional scheme or policy for the promotion of sports in their respective areas.

Keywords: Individual sports, woman athletes, emergence of Haryana, training facilities, sports policies

Introduction

As we know that the overall performance of team India at the Olympics is to be considered poor. Because Indian has clinched total 35 medals in overall 33 Olympics games. It is average one medal per Olympic. Out of these 35 medals 11 medals including 8 Gold medals were bagged in Hockey. Performance of team India was very poor in individual events or games. Before 1996 there were only 3 medals won by the individual athletes. Even first medal by woman was clinched by Karnam Malleshwari in 2000 Sydney Olympics in. So, we can see clearly the bad performance of Indian players at the Olympics. But trends have been changed since Beijing Olympics 2008. Now a day Indian team is winning multiple medals at the Olympic games. Most important factors most of the medals are winning in individuals sports and women are contributing equally. Due to excellence performance of team India in few last Olympic games India is capable of win 18 medals in last four Olympic games. Recently in Tokyo Olympics 2020 India is able to win 7 medals which is the best performance of team India in the history of Olympics games so far. Out of these 18 medals there are 7 medals won by the woman athletes. As we know that if the number of participants increases the chances of winning the medals also increases. There is a very big spike in the size of Indian contingent or numbers of athletes taking part in the Olympic games is last three to four Olympics and it directly enhance the medal winning prediction of the country.

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Table 1: Showing the number of medals won by Indian contingent in last fifteen Olympics.

Year	Host City	Gold	Silver	Bronze	Total
2020	Tokyo	1	2	3	7
2016	Rio	0	1	1	2
2012	London	0	2	4	6
2008	Beijing	1	0	2	3
2004	Athens	0	1	0	1
2000	Sydney	0	0	1	1
1996	Atlanta	0	0	1	1
1992	Barcelona	0	0	0	0
1988	Seoul	0	0	0	0
1984	Los Angeles	0	0	0	0
1980	Moscow	1	0	0	1
1976	Montreal	0	0	0	0
1972	Munich	0	0	1	1
1968	Mexico City	0	0	1	1
1964	Tokyo	1	0	0	1

Here is a table showing the medals won by team India in the last 15 Olympics

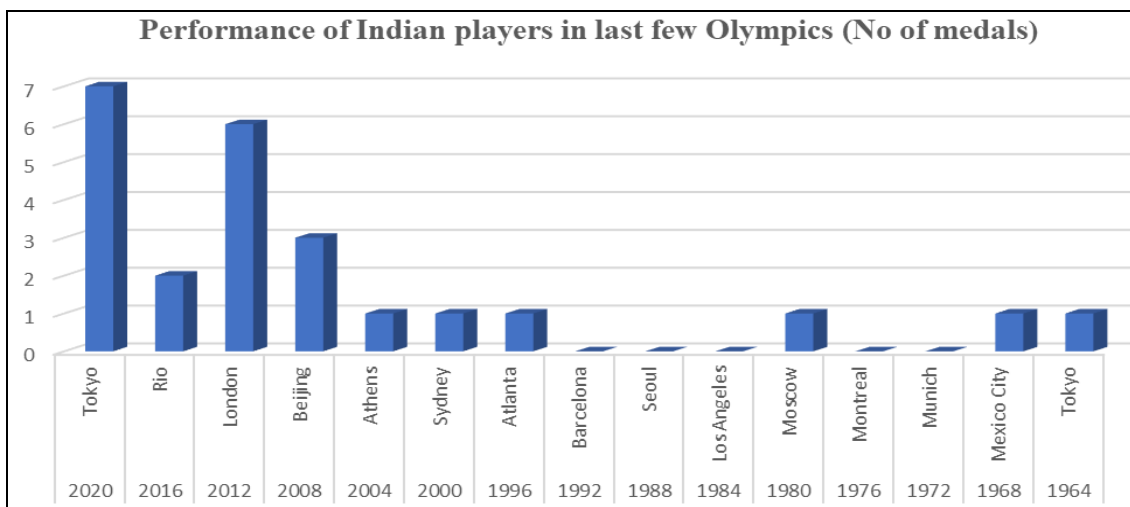


Diagram 1: Showing the performance of Indian players in last few Olympics (No of medals)

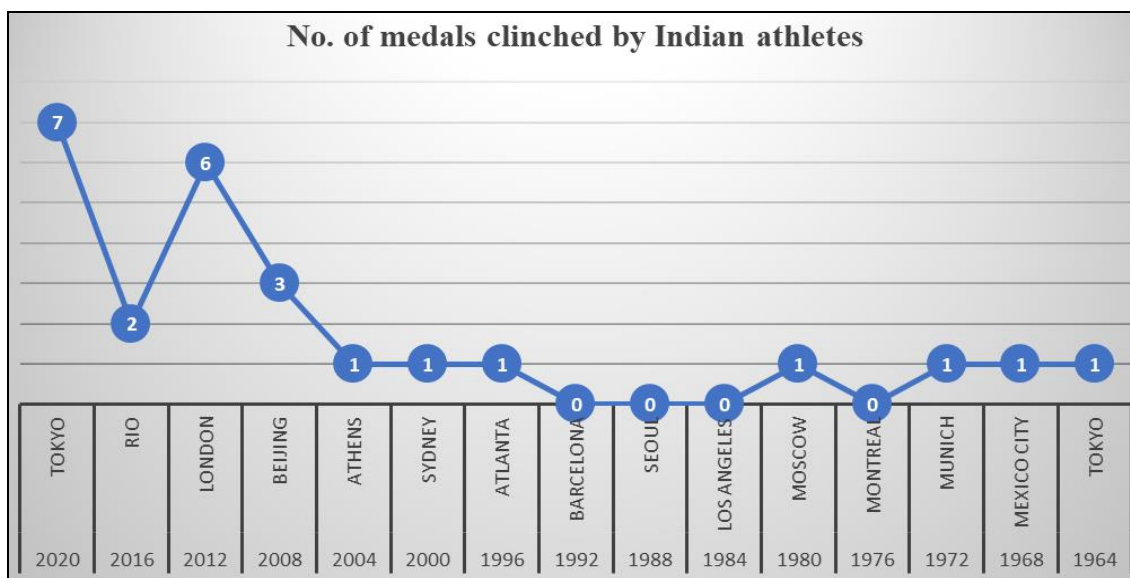


Diagram 2: Showing the number of medals won by Indian players in last few Olympics

Methodology

There are several factors that may have contributed to India's improved performance in the last few Olympics Games

Focus on individual sports: India has traditionally been strong in team sports like hockey, but in recent years, there has been a shift towards individual sports like badminton,

wrestling, boxing, and shooting. Since 1996 Atlanta Olympics medals tally of India if totally rely on performance of Hockey. It was only K.D Jadhav who was able to win a single individual medal for India in Olympics. He won bronze medal in wrestling at Helsinki Olympics 1952. But from few Olympics India is performing well in Individual sports and almost all the medals are winning through individual sports.

This has allowed athletes to focus on their individual strengths and has resulted in better performances.

Table 2: Showing the contribution of medals clinched by individual players with respect to team India total medals.

	Tokyo Olympic 2020	Rio Olympic 2016	London Olympic 2012	Beijing Olympic 2008
Team India (Medals)	7	2	6	3
Individual Players (Medals)	6	2	6	3
Team Game Medals	1	0	0	0
Percentage of Medal won by individual Players	86%	100%	100%	100%

Dominance in Wrestling, Boxing and Badminton: From past few years players are performing very well in Wrestling, Boxing and Badminton from last four Olympic games. It leads team India far ahead in medal tally at the various international level competitions including Olympic games. Some players are producing multiple medals in Olympics such as PV Sindhu in Badminton and Sushil Kumar in wrestling. Performance of team India is led by major wrestlers like Sushil Kumar, Yogeshwar Dutt, Ravi Kumar Dahiya, Sakshi Malik, Bajrang Punia etc. Similar pattern can be seen in boxing as well and elite boxers gave many medals to India like Vijender Kumar, Mary Kom and Lovelina Borgohain.

Improvement in the performance of woman athletes: Till the Sydney Olympic 2000 no Indian woman athlete able to win a single medal at the Olympic level in the history of

Olympic games. But in recent years if we discuss about last three Olympic games that is London (2012), Rio de Janeiro (2016) and Tokyo (2020) out of India's total 15 medals women are able to take 7 medals which is almost fifty percent of total medals in last three Olympics. So, we can say that spike in the performance of team India in last few Olympics is governed by the outstanding performance of woman athletes which includes two-time Olympic medalist PV Sindhu, Mary Kom, Saina Nehwal, Meerabai Chanu, Lovlina Borgohain, Sakshi Malik.

Table 3: Showing the contribution of medals clinched by woman players with respect to overall medals clinched.

	Tokyo Olympic 2020	Rio Olympic 2016	London Olympic 2012	Total
India (Medals)	7	2	6	15
Woman Players (Medals)	3	2	2	7
Percentage of Medal won by in Woman Players	43%	100%	33%	47%

Emerging performance of athletes from Haryana: Players of Haryana contributing almost 40- 50 percent in medals tally of India in last four Olympics. If we talk about last four Olympics there are 10 medals were bagged by Players of Haryana out of total 18 medals clinched by the Indian athletes. So, we can say that the dominance of players of Haryana clearly influenced the Indian medal tally. We can see this clearly with the help of a comparative bar diagram given as –

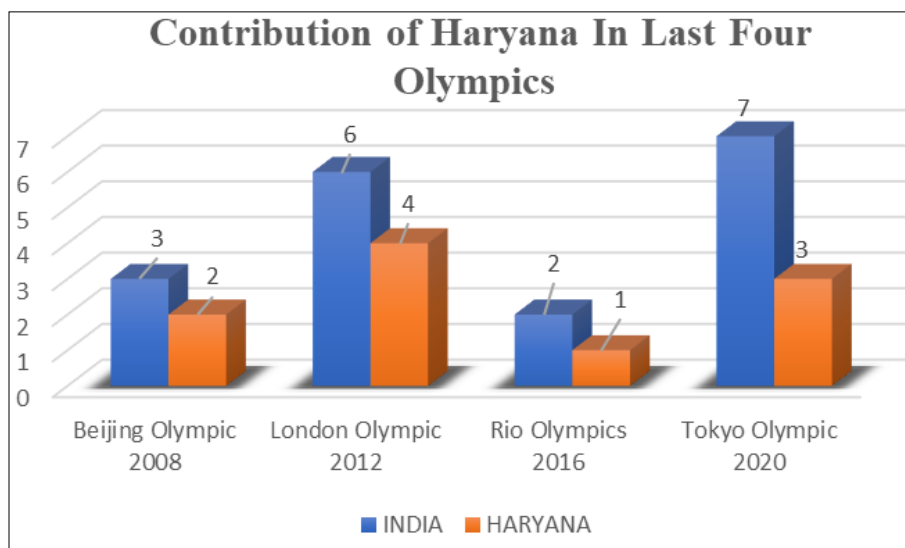


Diagram 3: Showing the performance of Athletes from Haryana with respect to overall medal won by Team India in last few Olympics (No of medals).

Improved training facilities: India has built state-of-the-art training facilities and sports academies in recent years. A plenty of amount spent day by day in order to enhance the training facilities for sportspersons. It helped the athletes to access world-class facilities and coaching. This has resulted in better preparation and performances at international competitions.

Increased investment in sports: In recent years, the Indian government has increased its investment in sports, providing more funding for training and infrastructure. Since This has helped Indian athletes to access better facilities and coaching, leading to better performances.

Increment in cash award, incentives and Job satisfaction from past few years government of India as well as government of various states of India has significantly increased the cash award given to the players for their achievement at national as well as at international level, along with this job opportunities and other financial incentives are given to the players for their excellent performance. This definitely helped the athletes to motivate themselves for sports and perform better.

Rising popularity of sports: Sports like cricket, badminton, and wrestling have become increasingly popular in India, leading to more children taking up these sports at a young

age. This has helped to develop a strong talent pool of young athletes who are able to compete at the international level.

Improved mental and physical preparation: Indian athletes have focused more on mental and physical preparation in recent years, including improved nutrition, sports psychology, and recovery techniques. This has helped athletes to stay in top condition and perform at their best on the world stage. Overall, a combination of these factors has contributed to India's improved performance in the last few Olympics Games.

Conclusion

In the end we can conclude that the major factors responsible for spike in the performance of team India in last few Olympics are rising popularity of sports day by day especially by social media, Emerging performance of athletes from Haryana, Increased investment in sports, Improving sports infrastructure as well as training facilities, increment in cash award, incentives and Job satisfaction, Improved mental and physical preparation, dominance in Wrestling, Boxing and Badminton and Improvement in the performance of woman athletes. As the performance on Indian athletes is improving day by day, we may hope for more healthier result in upcoming Olympics games.

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